

JANUARY IS

# **BLOOD DONOR AWARENESS MONTH**



## **Donate Blood!**

Every day, blood donors help patients of all ages: accident and burn victims, heart surgery and organ transplant patients, and those battling cancer. In fact, every two seconds, someone in the U.S. needs blood.

## **Is It Safe to Give?**

YES! Donating blood is safe. You can't get AIDS or any other infectious disease from giving blood because we always use new, sterile needles that are discarded after one use.

You'll even be given a mini-physical at your appointment, to ensure you are healthy enough to donate that day. We'll check your temperature, blood pressure, pulse and hemoglobin.

## Who Can You Help?

**Cancer Patients:** Platelets donation, because certain cancers and cancer treatments prevent patients from producing their own.

**Trauma Patients:** Power Red, because red cells carry oxygen throughout the body and are frequently given to trauma and surgery patients.

**Sickle Cell Patients:** Whole blood, especially from African-American donors, because sickle cell patients require multiple transfusions and must be very closely matched to the donor's blood type, usually from the same racial and ethnic group.

**Burn Patients:** AB Elite, because plasma helps maintain blood pressure and other vital functions.

**Patients with Chronic Diseases:** A single whole blood donation can help more than one person.

## Blood Types

Perhaps you've heard an appeal for donors that says we're running low on certain blood types. That doesn't mean other types aren't valuable: there's always a need and purpose for every type of blood.

Here's what we're looking for today:

### All Types

Whether you're A, B, AB or O (or unknown) all types of blood are valuable and can help save lives.

### All Components

You can donate whole blood, or certain components such as red cells, platelets or plasma.

### Volunteer Donors

The most important thing is that you are willing to make this generous, life-saving donation.





## A Little Scared to Give Blood?

Try the Helpful Tips Below:

### Take Pride

Try to focus on the good you are doing - your blood donation may help save as many as 3 lives.

### Be Prepared

Before your appointment, read up on the donation process so you know what to expect at every step.

### Relax

Listen to music, read a book, talk to our staff, or simply close your eyes and rest for a few minutes.

## "I'm Afraid I'll Faint"

Most donors feel fine after donating blood, but if you do feel faint or fatigued, simply lie down until you feel better. It might help you to think about this: you have about 10 pints of blood in your body.

Roughly 1 pint is given during a donation. Your body can replenish that loss in a short time (a matter of hours for some components, a few weeks for others).



# What to Expect

## Registration

You will sign in, show an ID, and be asked to read some required information.

## Health History and Mini-Physical

Answer some questions online or in a private interview, and receive a general health check.

## The Donation

You'll be seated comfortably while a pint of blood is drawn. The actual donation only takes 8-10 minutes.

## Refreshment and Recovery

After donating, you can enjoy a snack and a drink for 10-15 minutes before resuming your day. The entire donation process takes about an hour.

## Testing

Your blood is tested and sent to a patient in need. [Learn more about what happens to donated blood.](#)

# 6 Foods You Should Eat Before Donating Blood

- Sports Drinks: These drinks help expand small veins due to their salt content. Avoid caffeine.
- Beef: High in iron which is a key to hemoglobin.
- Chickpeas: High in iron and other minerals.
- Bell Peppers: High in Vitamin C which helps Iron absorption
- Oreos! Surprisingly has a high amount of iron!
- Multivitamins: Technically not a food, but can help round out your diet





# Chickpea “Tuna” Salad

## Ingredients

- 1 1/2 cups chickpeas (from 1 15-oz can), drained and rinsed
- 3 Tbsp. vegan mayonnaise
- 1 Tbsp. dijon mustard
- 1 stalk celery, finely chopped
- 1/4 small red onion, finely chopped
- 1 Tbsp. freshly chopped dill
- Kosher salt
- Freshly ground black pepper

To serve:

- Sliced bread
- Butter lettuce
- Dill or bread and butter pickles
- Sliced tomatoes

## Directions

### Step 1

In a medium bowl, use a fork or potato masher to mash the chickpeas into irregular sized pieces. (A few left whole is ok!)

### Step 2

Add remaining ingredients and stir to combine. Season with salt and pepper to taste.

### Step 3

Assemble sandwiches on bread topped with lettuce, pickles, and tomato.